

Vegan Diets (AK 41-USDA 402)

Explain to Participant You're enrolled in the WIC program today because you are eating a vegan diet. A vegan diet can be good and healthy, but sometimes it may be lacking in calories and/or nutrients the body needs. Strict vegan diets may be inadequate in calories, vitamin B12, vitamin D, calcium, iron, zinc, protein, and essential amino acids needed for growth and development.

Goal The goal is to provide nutrition education about the nutrients lacking in vegan diets, due to no intake of animal products.

Suggestions for Reducing Risk Follow the recommendations of your health care provider.
Eat a variety of foods from all the food groups every day.
Ask your health care provider about exercise.
Drink 8 glasses of water every day

Nutrition Education Material Suggested The Vegetarian Food Guide Pyramid

Explain Applicable WIC Foods

WIC Foods	Nutrients Provided
Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron
Carrots	Vitamin A
Tuna Fish	Protein
Salmon	Calcium, Vitamin A, Protein

Explain What the WIC Nutrients Can Do for You!

Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.

Materials with More Information Fact sheets on: Calcium, Iron, Vitamin D, Protein